AN

ECONOMICAL,

AND

NEW

Method of Cookery;

DESCRIBING UPWARDS OF

EIGHTY

Cheap, Wholeſome, and Nouriſhing Diſhes,

CONSISTING OF

ROAST, BOILED, AND BAKED MEATS;
STEWS, FRIES,

And above Forty Soups;

A VARIETY OF

PUDDINGS, PIES, &c.

WITH NEW AND USEFUL

OBSERVATIONS

ON

Rice, Barley, Peaſe, Oatmeal, and Milk,

AND THE NUMEROUS DISHES THEY AFFORD,

Adapted to

THE NECESSITY OF THE TIMES,

Equally in all Ranks of Society,

By ELIZA MELROE,

"Œconomy is the ſource of Plenty."

"Bury not your Talent."

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1798.

ENTERED AT STATIONER's-HALL.

MVSEVM
BRITAN
NICVM

TO THOSE IN ALL RANKS OF SOCIETY, WHO ARE ADVOCATES FOR ŒCONOMY, AND HAVE INCLINATION AND ABILITY TO DIFFUSE A KNOWLEDGE OF IT TO OTHERS, THIS TREATISE OF ŒCONOMICAL COOKERY, SUGGESTED THROUGH NECESSITY, AND SOMEWHAT PERFECTED BY SUBSEQUENT STUDY AND APPLICATION, IS HUMBLY DEDICATED, BY THEIR

Moſt devoted,

And moſt Obedient,

Humble Servant,

THE AUTHOR.

ŒCONOMICAL COOKERY.

INTRODUCTORY to the ſubject, it is neceſſary to obſerve, that the work is chiefly compiled by a medical perſon, who has had very great opportunities of making himſelf acquainted with the different modes of living, in various parts of the world; particularly in England, through the greateſt part of which he has travelled: And, as he has improved conſiderably on the inventor's original ideas, hopes the work will contain ſuch new and uſeful information, as to render it acceptable to the public, more eſpecially in theſe times when butcher's meat and other articles of diet are ſo extravagantly dear.

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It is neceſſary to obſerve, to the reader, that no particular diſtinction is made between the terms---ſoup and broth.

Dr. Cullen, and other writers on the *materia medica*, and chemiſtry, informs us, that the nutritious parts of animal and vegetable diet, depend on the oil, jelly, mucilage and ſugar they contain. This cookery is exactly founded on theſe principles, by which are ſelected ſuch parts from animals and vegetables as contain theſe qualities in a very concentrated degree. viz. fat, and the gelatinous parts of butcher's meat; the farina of grain, and the ſeeds of vegetables, inſtead of any other part of the plant, excepting onions, carrots, parſnips, turnips, potatoes, &c. (where the nutritious and eſſential parts are contained in the roots) by which a conſiderable expence is ſaved, as in the inſtance of celery-ſeed, where the eighth part of an ounce avoirdupois, value not *half-a-farthing*, will give reliſh to a gallon of

of ſoup, when a *pennyworth* of the plant would be neceſſary. This one article alone, is evincive of the frugality ; as the ſeed being the eſſence of the plant, poſſeſſes all the taſte and virtues of the ſubject ; and hence the great advantage of its uſe, where it can be procured in any ſeaſon of the year.

On the ſame principle is the *fat of meat* being the eſſence, or eſſential part thereof, nearly as much as the ſeeds of plants are to their reſpective ſpecies. To prove this, a ſimple experiment will ſuffice...Boil *two*, *three*, or *four ounces* of the *lean* part of butcher's meat, in ſix quarts of water to a gallon ; then thicken it with oatmeal, and the reſult of the decoction will be found to be *water-gruel*, or ſomething like it. But diſſolve the ſame quantity of the *fat of meat* in a gallon of water, which, thicken with oatmeal, over the fire, and the reſult will be a very pleaſant ſoup or broth ; poſſeſſing the identical taſte of the meat,

meat, whether of beef, mutton, &c. in a very high degree. If ſome of the gelatinous parts of meat be added, the ſoup is then of a very rich and nutritious quality; and which can be made very cheap, as will be explained in the ſeveral receipts.

RECEIPT.

Take of barley, four or ſix ounces; oatmeal two ounces; onions, or leeks a ſmall quantity; or of leek-ſeed: Beef-fat, (ſuet) or inſtead thereof, beef-drippings, from two to four ounces, as may ſuit the palate; Celery-ſeed, half a table-ſpoonful, or leſs; pepper and ſalt ſufficient to give the ſoup proper reliſh; water ſufficient to make a gallon.

NOTE...*Potatoes and cabbages, without barley, well boiled, make excellent ſoup, with the addition of fat.*

Boil the barley, previouſly waſhed, in ſix quarts of water, which when boiled ſufficiently ſoft, will be reduced in quantity to a gallon. It will be neceſſary to ſkim

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it now and then in the courſe of the boiling, alſo to ſtir it from the bottom of the veſſel. The celery ſeed, if boiled whole, muſt be added early, or elſe towards the latter end, in a bruiſed ſtate, when the onions and leeks are put in; let the oatmeal be added, mixed in a little cold water, about an hour before the veſſel is taken off the fire; laſtly, add the fat, melted before the fire, if not in a ſtate of drippings; then ſeaſon with pepper and ſalt...Cayenne-pepper gives the ſoup a high reliſh, and is even cheaper than black pepper, as a ſmall quantity, (a few grains) will ſuffice.

Wheat flower may be uſed inſtead of oatmeal, but in leſs quantity than the latter. When vegetables are cheap, ſuch as turnips, carrots, cabbages, they may be added, and are conſiderable improvements.

The intention of the flower, or oatmeal, is by the mucilage they contain, aſſiſted with the barley-broth, to unite the fat with

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the water, ſo as to form one uniform maſs; where the fat is ſuſpended in the ſoup, and not ſeen floating on the top, by which it is made fitter to be taken into the ſtomach, eaſier of digeſtion, and more eaſily convertible into good chyle, which every one acquainted with medicine, and the nature of the animal œconomy, muſt admit.

Some may think this kind of ſoup, from the fat it contains, unwholeſome; but a little reflection will convince them of the contrary; otherwiſe ſuet-puddings, and dumplings would be unwholeſome: Beef and mutton drippings eaten with potatoes, cabbages, &c. *a ſop in the pan*, ſo called, would on the ſame principle be unwholeſome. In ſhort, fat is eaten daily by all ranks of people, in ſome way or other, *in much larger quantities than as above preſcribed:* But the idea of combining it in ſoup, as above ſtated, I believe, never occurred, or at leaſt, has been but little known or uſed by mankind; whilſt com-

mon

mon ſenſe muſt tell any one, and every one, that ſuch, for the reaſons ſtated, without calling in the aid of phyſic and chemiſtry, muſt be nutritious, wholeſome, and œconomical from the ſmall quantity *of the eſſence of meat*, viz. fat, that is neceſſary in the compoſition.

A hard-working man would find no difficulty in eating as much ſuet *at one meal*, in a flower pudding, or as much drippings *as is neceſſary for a gallon of ſoup*, in a meſs of potatoes or cabbages; whereas, one quart of ſoup, as above alluded to, with a ſlice of bread, would be a very hearty meal.

I wiſh to impreſs this argument on my readers, as many, not weighing the ſubject properly, might think there is no ſaving in it, as the drippings of meat could be better applied to other purpoſes. But in what? Not in pudding, pies, peaſe pudding, potatoes, and other vegetables, value four-pence. The fare would be found

found ſcanty and pitiful, in compariſon to a gallon of ſoup of the ſame value, which I aver to be a dinner for a man, his wife and ſix children.

As the quantity of fat or drippings neceſſary for the ſoup, is ſo very ſmall, it may eaſily be ſpared from a joint of roaſting meat, while enough will remain for other purpoſes.

As I have mentioned roaſt meat, ſhall notice the advantages of my cookery as applied to it, and which will ſuit, exactly the palates of thoſe who prefer roaſted to boiled meat: As no arguments uſed by other writers on cheap cookery, have any effect on the lower claſs of people, in *reſtraining* them from the uſe of roaſted meat; which thoſe writers call deſtructive or *waſteful* cookery.

The great objection that mankind make, and particularly the middle and lower claſſes of the people, to ſoups or broths, is the great ſacrifice they make of butchers

meat

meat to obtain good ſoups, which muſt be uſed either in a *large* quantity, or elſe boiled to rags, and rendered inſipid. But here excellent ſoups can be made with great facility, while the joint of meat is roaſting at the fire, by which the frugality will be found ſo great, that any one, let his or her rank in life be what it may, will have a pleaſant, and ſufficient dinner coſting only four or five-pence, as a pint of the ſoup will be more than half the meal.

When mutton is the ſubject of roaſting, I ſhould prefer wheat-flower to oatmeal; but what is much better than either, is potatoe-ſtarch, (of which, in another place,) in the quantity of an ounce to a gallon of ſoup.

When roaſt pork is the ſubject, I ſhould prefer peaſe to be uſed inſtead of boiled barley; which ſoup, by the addition of the drippings will be found very delicious, ſuperior in flavor to any peaſe-ſoup made with

with the bones of meat, or combined with bacon.

The above is perfectly wholesome, otherwise fat pork is not wholesome, which is eaten daily, and in large quantities, in the counties of *Essex*, *Suffolk*, *Norfolk*, *&c. &c.* And it is well known, the lower classes in those counties eat hog's-lard *spread on bread*. But another well-known fact I ground my argument on, viz. large quantities of hog's-lard are used in puddings, pan-cakes, pasties, &c. by all ranks of people; in short, fat enters so much into the composition of our diet, that I do not know how we could subsist without it. I differ with mankind only *in the mode of using it*, where mine is a *much more frugal one!*

From what has already been observed, cooks and house-keepers will perceive, how their soups made from *lean meat*, might be improved *by the addition of a little fat*, and a mucilage, such as wheat-flower, oatmeal, potatoe-starch, pease and barley. This

maxim

maxim being eſtabliſhed with them, the too-common cuſtom of *ſkimming off the fat*, will then no longer be practiſed, and which I find directed by all other writers on cookery, as *a very neceſſary matter*; but which I attribute more to the prejudice of cuſtom, than from any grounded opinion they really can have of their own. For, it is wonderful how mankind yield up their own judgment to the powerful, faſcinating influence of cuſtom--- Every traveller, who ſees different cuſtoms, as he moves along, and how much theſe are religiouſly adhered to, cannot help making the remark, But, to return to the ſubject; where a large quantity of fat ſwims on broth, made from a fat joint of meat, if it cannot be united (from its ſuperabundance) with the liquid, through the means of wheat-flower, oatmeal, potatoe-ſtarch, or other mucilage; it had better be ſkimmed off, and preſerved for further uſe; nay, it is abſolutely neceſſary, otherwiſe the ſoup will not be agreeable if abounding too much in the

animal

animal principle;---for, it is the *proportionate mixture* of animal and vegetable ſubſtances, that makes ſoup pleaſant and wholeſome, this leads me directly to *Count Rumford*'s cheap ſoup, which as a vegetable one, is excellent; but for want of a due proportion of the animal principle, is not agreeable to all palates; and were a certain quantity of fat, or ſuch to be added, from *two* to *four* ounces (when the vinegar, which is purpoſely intended to give it ſapidity, would not be neceſſary) his ſoup would be as palatable as mankind need to wiſh it, ſo much ſo, by this addition, that *if a half* or *one pound of lean meat* was added to every gallon, inſtead of the ſuet, would not poſſeſs more ſapidity, flavour and nutritious qualities, as the quantity of jelly, and ſaccharine matter found in lean meat are ſo very trifling; and on which, as I ſaid before, nutrition depend.---An experiment on lean meat, coinciding with my opinion, was made by Dr. Hamilton, at the requeſt of P. Colquhoun, Eſq.---Hence the folly of uſing

lean

lean meat to make nutritious ſoups, at leaſt cheap ones.

I ſhall now make an obſervation or two, on a ſoup poſſeſſing *too much* of an animal nature, to be properly wholeſome and agreeable. I mean leg of beef and ox-cheek ſoup, and which is generally called ſtew.

To make ſoup from theſe to be pleaſant, agreeable, and wholeſome, a pretty large quantity of the vegetable claſs ought to be added; and none ſeems better than the barley broth (omiting the fat) as preſcribed in the firſt part of this work, by which *double and treble the quantity of ſoup* may be made from the ſame given quantity of meat; for one pint of well-prepared leg of beef, or ox-cheek ſoup, together with the fat, will make a gallon of good ſoup, coſting only FOUR PENCE: if we go to the price of ſix-pence a gallon, moſt capital ſoup is the iſſue. On the ſame principle, ſoups may be made from the ſtew of beef, mutton, veal, pork, &c, chuſing thoſe parts where mucilage, jelly, and

and fat abound.---As the method of ſtewing meat is pretty well known, any directions on that head is ſcarce neceſſary. A jug to put the meat in, which muſt be cloſe covered, adding a ſmall quantity of water, and that ſent to an oven, or the jug with the meat, put into a kettle of water, and boil'd, over the fire, for a few hours; or what is better, an utenſil called a digeſter, ſo contrived, as to ſtew meat almoſt to rags, and preſerve at the ſame time, all the virtues of the meat, as the ſteam thereof is not ſuffered to eſcape. The utenſil may be had at tinmen and ironmongers ſhops, value, eight or ten ſhillings. Theſe ſoups, if not poſſeſſing ſavor enough, may be heightened in taſte by bacon.

I ſhall now proceed to other ſoups, where bacon will be a neceſſary article in the compoſition. Every one knows that bacon is a conſiderable improvement to the taſte of veal, whether roaſted or boiled. Exactly ſo it is in ſoup. So when veal broth is to

be

be made for family uſe, two ounces of bacon fat ſhould be added to every gallon, melted before the fire, or in a frying-pan, which ſoup ſhould be thickened with flour, potatoe ſtarch, and barley, which laſt article, ought not to be omitted in almoſt any ſoup, it being ſo very cheap, pleaſant, nutritious, and wholeſome, of which more hereafter.

Parſley is thought to give a good reliſh to veal broth; when it cannot be had green, the ſeed may be uſed, of which laſt, a ſmall quantity will ſuffice.

The next is tripe broth. Boil a pound of tripe in a gallon of barley broth, the proportion of barley as before preſcribed; with onions, parſley, &c. adding thereto bacon fat as above, when with pepper and ſalt, an excellent ſoup is produced, extremely nutritious, from the gelatinous nature of it, with which the tripe abounds.

On the ſame principle, ſoups from cow-heel, calves' and ſheep's feet and other gelatinous parts of animals, may be made.

Tripe

Tripe, of itſelf, is but inſipid meat; what gives it ſapidity is bacon, when it really eats like bacon and chicken; and is certainly the greateſt ſubſtitute for that diſh that can be had. The bacon eats beſt with it when done in raſhers before the fire, taking care to loſe none of the fat, for that which drops on the cinders and hearth, had it been ſaved, is as good as that which remains in the raſher. I make this obſervation, as a uſeful hint to many who do not attend to this matter. If tripe could be brought into more general uſe, would have a conſiderable effect on the high price of butcher's meat. I believe, more than one half of the tripe bags are thrown by butchers on the dunghill.

Bacon ſeems an uſeful addition to mutton broth.

In many parts of the kingdom, it is cuſtomary to eat a diſh conſiſting of bullock's liver, and bacon fryed together. It is certainly very palatable, and good of its kind.

kind. In ſome of the counties of England, calf's liver is only uſed from a miſtaken notion, that bullock's liver is not wholeſome. The writer has partaken of both in an hundred inſtances, and could never particularly diſtinguiſh the difference, either as to taſte or other properties. It is uſual to ſteep bullock's liver in water, or milk and water a few hours previous to cooking.

Haſhed liver is a diſh much uſed in ſome counties; but which I never found agreeable; cooks always omiting to give it ſapidity by the addition of fat bacon; for on the ſame principle, bacon muſt be reliſhing in *haſhes*, as well as in a *fry* of liver;—beef fat is alſo an uſeful addition, and, I am well aſſured, if ſuch mode was adopted, mankind would not be ſo averſe to this diſh as they generally are.

On the ſame principle, haſhes and ſtews made from ſcraps and offals of meat, that have been roaſted or boiled, are improved by

by blending them with fat, or fat bacon, and thickened with flour, or potatoe-ſtarch, with the addition of onions, pepper and ſalt.

Excellent ſoups may be made from fryed meat, where the fat and gravy are added to the boiled barley; and for that purpoſe, fat beef-ſtakes, pork-ſtakes, mutton-chops, &c. ſhould be prefered, as containing more of the nutritious principle:—Towards the latter end of frying the above, add a little water, which will produce a gravy, to be added to the barley-broth—a little wheat-flour ſhould be dredged in alſo, which will entirely take up all the fat contained in the frying-pan; but previouſly thereto, a proportionate quantity of onions cut ſmall, ſhould be fryed with the fat, which gives the ſoup a fine flavor, aſſiſted with pepper, ſalt, and other ſeaſonings.

A dinner of this will coſt a family at the rate of four-pence a head only.

Soups may be made alſo from broiled meat, as follows:——.

While

While the fat beef-ſtake, mutton-chop, &c. is doing before the fire, ſave the drippings on a diſh, in which a little flour, oatmeal, or potatoe-ſtarch, with onions cut ſmall are put; add the whole to barley broth, which muſt be alſo preparing over the fire at the ſame time, and boil together for fifteen minutes; when a moſt excellent ſoup will be obtained—one pound of beef affording two quarts thereof, a dinner ſufficient for four men with vegetables.

Diſhes of Meat, combined with Rice.

Rice is a very wholeſome, nutritious food, highly uſeful to mankind, particularly to the lower claſſes of the people, but who do not much fall into the uſe of it, owing to the want of a proper mode of cooking it, and not giving it ſufficient ſapidity, being of itſelf but an inſipid grain; and, alſo a miſtaken prejudice of being hurtful to the eyes.

Rice

Rice eats well with pickled beef and pork, and ſmoke-dryed beef, bacon, &c. and alſo to fryed meat.——The writer has ſubſiſted three months at ſea, as well as the whole ſhip's company, on rice and ſalt beef alone, without being ſtalled; nay, on the contrary, rather fond of the meſs.

Beef-ſtake and mutton fryed, gives it a high reliſh, and the manner of preparation is this—After the meat is taken from the pan, put in the rice, firſt boiled, and ſtrained dry, ſo as to be added to the fat and gravy of the meat, together with the addition of black pepper, cayenne pepper, and ſalt—Send it up to table with the ſtake upon it, when a very excellent diſh is produced, imitating the flavor of *corry*, an Indian diſh, from the ſpice called corry, which I believe to be nothing more than black pepper, cayenne pepper, ginger and turmerick; at leaſt this compoſition exactly agrees with it in taſte and other properties,

A Sea

A Sea Pye, ſo called, being a common diſh on ſhip-board.

Firſt make a paſte of flour, milk, and a little butter, or the fat of meat; or inſtead of milk, when it cannot be had, a raw potatoe or two, pared and grated will lighten the paſte a little.—Then take of lean and fat beef, mutton, pork, freſh or ſalt, or tripe, or chicken with bacon, as fancy may lead;—let the ſame be cut into ſmall pieces, with onions, pepper and ſalt in due proportion—put a little of the above in the pot, or cooking utenſil, which muſt have a *croſs ſtick* laid at the bottom to prevent the meat and paſte from burning; then over the firſt layer of meat, put a layer of paſte, ſpread thin with a hole in it to let down water; then over that, ſome more meat, and ſo on alternately with paſte and meat 'till the whole be uſed; and, laſtly, pour over a quart or two of water, or more, ſo as to cover the meat in the courſe of the ſtew, which muſt be done gently

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and covered over to prevent the eſcape of the ſteam:—In an hour and a half, the diſh will be ready, if not very large: it will be found very delicious in the paſte, meat, and gravy.

Diſhes made on the ſame principle, may be baked in an oven.—Rice and potatoes may be uſed by puting them upon the meat.

A Medley Pye, ſo called,

Conſiſts of apples, pared and cut in ſix times the quantity to onions and bacon cut ſmall, with a ſmall quantity of water added in the diſh, over which, a paſte is put, and baked as pies uſually are;—eats very well; and is much in uſe in Staffordſhire, and adjoining counties.

Speaking of Staffordſhire, reminds me how the inhabitants there, at leaſt thoſe born and bred in the county, are bound by a ſingular cuſtom, where, with *roaſt meat*, they never eat, (generally ſpeaking) greens, or cabbages, ſuppoſing the ſame to be unpalatable

palatable and unwholeſome; but inſtead thereof, potatoes, or in the ſummer ſeaſon, green-peas.—With *boiled* meat only, they eat greens and cabbages; and ſo religiouſly obſerve this plan, that when potatoes are ſcarce and of bad quality, will *boil* their uſual roaſting pieces, ſuch as ſurloins of beef, *on purpoſe* to eat with greens—Strange infatuation!—I know people there in the middle walk of life, ſixty years of age, who never in their lives ate greens with roaſt meat; and I do not know that it is poſſible from their bigotry, to induce them to taſte the fare, to diſtinguiſh by their palates whether the ſame be pleaſant or not. This leads me alſo to the cuſtom of other counties, that would almoſt make one believe, that the bulk of the Engliſh are not all of one nation, or under the ſame laws and government.

In many places, it is a ſtanding rule to eat roaſt beef on the ſame day it comes from the butcher—In London, and counties around

around, it is almoſt general;—Further from the metropolis, it is ſalted a little, or at leaſt, baſted with ſalt and water whilſt roaſting;—and in Northumberland, and counties adjacent, it is ſeldom or never ate until taken with the ſalt; when, I muſt confeſs, I prefer the latter to the former, as poſſeſſing a higher reliſh, eſpecially when ate with muſtard and vinegar.

Thoſe who are advocates for freſh roaſt beef, ſay, that ſalt takes out the juice—granted:—But mark the ſequel—for in thoſe places where freſh roaſt beef is uſed, pieces intended for boiling, are always well taken with ſalt; of courſe part of the juice is gone, and the nouriſhment alſo:—It then follows, no ſoup or broth can be made from ſuch, as the decoction is too ſalt for uſe; ſo it is thrown into the hog-tub, or ſome ſuch place. But in thoſe places where ſalted roaſt beef is prefered, pieces intended for boiling ſeldom are ſalted, or at leaſt ſo much as to preclude the making of ſoup; hence

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the great advantage. I muſt confeſs alſo, there is an agreeable ſweetneſs in their boiled beef; perhaps more of it can be eat at a meal, but then that waſte is amply made up in the ſoup, which they always make, and that of a moſt excellent quality, having barley, oatmeal, and other excellent ingredients in it.

It is worth remarking, on the ſubject of pot-barley, commonly called Scotch-barley, which every houſe-keeper ought to uſe, that it is not known in Eſſex, Suffolk, Norfolk, Shropſhire, Staffordſhire, and other counties through which I have travelled. Some, to whom I have addreſſed myſelf on the ſubject, do not believe there is any ſuch thing, except what is called *pearl-barley*, ſold in thoſe counties by apothecaries, at 2d. and ſometimes 6d. an ounce.—It follows then, the inhabitants ſeldom have good broths, for want of method and materials.—Thoſe, who on reading this treatiſe, and wiſh to adopt barley as a food, may

be

be always ſupplied with it, wholeſale and retail in London :—Wholeſale dealers generally reſide in thoſe ſtreets adjacent to the Thames ; as Mark-lane, &c. There are mills on purpoſe for manufacturing it at Newcaſtle-upon-Tyne, and in many of the northern counties :—and, at Falkirk, in Scotland, it may be bought at 15s. per cwt.

In Suffolk, where I reſided ſome time, bacon in flitches was not cured or eaten there.—An elderly farmer's wife told me, ſhe never ſaw any in her life, but had heard of it—They cure hams as in other counties, but the ſides are cut in pieces and pickled, in the manner of beef :—To me it taſted particularly agreeable and ſweet, or elſe it was the novelty, having never met with any ſince I left the navy, except in Kent ſome years ago, where pickled pork and lean ſalt beef, eaten together, is the principal, or ſtanding diſh with farmers

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and others, in the middle walks of life: They certainly improve each other.

On the other hand, where bacon is cured in the flitches, the inhabitants know little or nothing of pickled pork, either as to its taſte, or that ſuch a thing ever is uſed, except on ſhip-board, but have an idea it muſt be very unwholeſome, and, perhaps, incapable of being cured to keep any length of time.

While I am on the ſubject of different cuſtoms and opinions, in the ſeveral counties, I ſhall make ſome obſervations on the peculiar diet, and the peculiar modes of cooking in Eſſex, Suffolk, and Norfolk, illuſtrative of the principle on which mine is founded.

It is uſual with the inhabitants there, to eat their puddings and dumplings with the fat of meat, whether of beef, mutton, pork, &c. which is ſerved up warm, like ſauce or melted butter, except not mixing it with flour, to unite the fat with the water.

Of this they eat largely—Then why not in ſoup? If it be wholeſome in the firſt way, it muſt be alſo in the ſecond, and the frugality thereof is greater, becauſe leſs will ſuffice in ſoup, at leaſt a larger fare can be produced at leſs expence, as I noted before in a former part of this work, and which I beg leave here to refer to.—I do not mean to abridge them, and others of their pudding;—I have no manner of doubt but their mode of living is wholeſome, and may be frugal; but, I will maintain the ſoup, is much more ſo, for the reaſons that have already been ſtated.

When milk and eggs are ſcarce and dear, dumplings made of yeaſt, (as is the practice in the laſt-named counties,) in a ſmall quantity, and previouſly ſet before the fire to ferment and riſe like leavened bread, before they are boiled, are very palatable. Suet, melaſſes, (commonly called treacle) allſpice, ginger, &c. may be added to give them a better reliſh.—I have known

onions

onions put in ſuet puddings and dumplings.

Raw potatoes, pared, grated and mixed with flour, and other ingredients, as ſuet, ginger, &c. make very good dumplings, and puddings, either baked or boiled, when milk and eggs are ſcarce and dear.

A good ſauce for puddings and dumplings, when fat is not in their compoſition, is butter, melted in the uſual way, made ſomewhat tart with vinegar.—This is alſo an excellent ſauce to fiſh, with the addition of pepper.—Pepper improves, or rather *exalts* the taſte of freſh fiſh, and is a much more preferable aromatic than horſe-radiſh, which *diſguiſes* the taſte of freſh fiſh, ſo as ſcarce to diſtinguiſh one fiſh from another.—Horſe-radiſh is not a grateful aromatic by any means, and yet, is much uſed to fiſh, perhaps, more from cuſtom than any thing elſe: However, in ſome counties it is not ſo generally uſed, but

pepper

pepper in place thereof.—The above ſauce eats well with ſprats.

Boiled onions, with milk, flour and butter, ſimilar to rabbit ſauce, eats well with ſalt fiſh, herrings, &c.

While on the ſubject of puddings and dumplings, I ſhall make an obſervation or two on rice-pudding, which, I think, ought to have a ſmall quantity of flour added to bind it a little, with the addition of ſuet and ginger, to give it ſapidity.—Thoſe who can afford a glaſs of rum or brandy to be mixed with the ſauce, will find it a pleaſant addition, and, upon the whole might be œconomical, as the price thereof, is not to be put in competition to the incitement to rice diet, it will probably give to thoſe who have been hitherto averſe to it; which diet, I hold to be very wholeſome and cheap, and of courſe a little good ſauce can be better afforded.

Haſty-pudding, ſo called in Northumberland and other counties; in ſome of the ſouthern

ſouthern counties, *ſtir-pudding*:—Is made from oatmeal—Firſt let water be boiled in a pan, ſay a pint, ſprinkle into it by degrees, over the fire, three or four table-ſpoonfuls of oatmeal, and ſtir with a ſpoon, or other convenient utenſil, till it thickens to the conſiſtance of melaſſes, then take it off the fire, and put it into a diſh, or diſhes, which, when in a cooling ſtate will acquire ſome degree of firmneſs.

This may be eaten with milk, ale, ſmall beer and ſugar, treacle, beer, butter, drippings, &c. to the two laſt articles, half a tea-cupful of boiling water ſhould be mixed to keep them in a ſtate of fluidity.

Theſe may be then put upon the haſty-pudding, not mixed with it, or put in a ſeperate diſh, and eaten by firſt taking up with the ſpoon, a little of the pudding on the tip, and dipping into the milk, ale, butter, or whatever it may be.

Northumbrians, who read my book, muſt at firſt view of this deſcription be apt

to

to laugh, as if I was addreſſing myſelf to children inſtead of grown-up perſons; but, allow me to tell them, in thoſe ſouthern counties, through which I have travelled, the inhabitants neither know how to make it or eat it—For, firſt, the haſty, or ſtir pudding is made with milk inſtead of water, that occaſions a heavineſs, and whatever is uſed to be eaten with it, is mixed in a *hodge-podge* together: the conſequence is, the meſs is rendered unpleaſant, and not one in ten like it; and ſo would my haſty-pudding be deemed unpleaſant, if proper attention was not paid to the manner of cooking and eating it.—This obſervation will apply to many of the diſhes contained in this work, although the fault will be laid on the inventor, not the cook.

The oatmeal uſed in Northumberland, and counties adjacent is ſuperior to that found in the ſouthern counties, which is either too fine, or too coarſe, and often adulterated with barley; though I met with very good

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in Staffordſhire, where the demand for it was ſo very trifling, that a manufacturer in the neighbourhood of Litchfield ſupplied the inhabitants for twelve miles around him, carried in bags on one horſe only, where not one perſon in ten purchaſed more than half a pint.

While on the ſubject of oatmeal, I muſt not omit another kind of meſs—*Crowdie*, ſo called in North-Britain, and in the northern counties of England; generally made from the pot-liquor of beef, the watery part I mean, and eaten with the fat, or ſkimmings of the pot. Put ſome oatmeal, ſay half a pint, in a diſh, baſon, or porringer, with a ſmall quantity of ſalt, if there be not ſufficient in the pot-liquor; add as much pot-liquor as will mix it to the conſiſtence of haſty-pudding, or a little thicker, laſtly, take a little of the fat that ſwims on the broth and put upon the meſs, and eat in the manner deſcribed for haſty-pudding.—

pudding.—Whatever contempt the bulk of the nation may have for this, as being a Scotchman's diſh, and other ſuch epithets as they are pleaſed to beſtow, it is pleaſant taſted, and good food for hard-working men; but, I wiſh it to be underſtood, I do not preſs it upon them, knowing their pre-conceived prejudice; I only give it here as matter of information, although I know many in the higher walks of life who eat it frequently.—Another good method of uſing oatmeal, is by making it into gruel, which, perhaps, needs no deſcription here, being pretty well underſtood:—Suffice to ſay, a very ſmall quantity of oatmeal will make gruel, when boiled for ſome length of time, an hour or ſo; to this add a little good milk, or butter, or drippings with onions, &c. and an excellent ſoup is produced.

When milk is uſed inſtead of water, as above, makes a good diſh, called *milk-porridge*, to which a little butter may be added.

I have

I have been informed that mutton-fat is uſed in ſome counties, but, as I have not taſted the meſs, cannot preſs it on my reader's attention; as nothing ſhall be advanced in this part of the work, but what I have either taſted or tried, or has been approved of by others.

I hold oatmeal to be a wholeſome diet, and produces no diſeaſe of the ſkin, as has been imagined by many; but, I believe bacon and butter, eaten in ſuch quantities as I find in ſome of the ſouthern counties, eſpecially when joined to the large quantities of bad, ill-brewed ale, which is too commonly to be met with, occaſion many diſeaſes, ſurfeits, and eruptions of the ſkin, worſe than any itch whatever.

Cheap Peaſe Pudding.

To a pint of peaſe, in a pudding, add two pound of potatoes, boiled and well maſhed;—the reſult is, from the farina,

or

or meal of peaſe and potatoes being ſimilar in taſte, the compoſition eats as if it was entirely peaſe-pudding; and, it does not appear to me, that peaſe poſſeſs more nutritious quality than potatoes:—The bulk is increaſed by this mixture to double, and of courſe, the price muſt be reduced—To ſome people the mixture is more agreeable than peaſe-pudding alone.

On the ſame principle, cheap peaſe-ſoup may be made, where more potatoes, in proportion to peaſe, may be added:—And, be it remembered, that peaſe-ſoup, however ſo good as a vegetable ſoup, is materially improved by animal ſubſtances, as fat bacon, freſh pork drippings, hog's-lard, beef and mutton drippings, with the addition of wheat-flour, which ſhould never be omited.

It is very common to uſe butter and ſalt herring to give ſapidity to peaſe-ſoup; but the former articles are much preferable. It is very poſſible to make excellent ſoup

as

as above directed, for about *four-pence per gallon*.—If barley is added to the above, in proportion of a quarter of a pound to a gallon, an excellent ſoup is made.

Split peaſe are preferable to whole peaſe, although the former is much dearer, but give out their virtues much better in the proceſs of boiling:—It often happens that whole peaſe are difficult to burſt, or even not burſt at all; to remedy that defect, it will be good, to firſt ſteep them in water for a few hours, then put them in a ſieve to dry for twelve hours more, when they will be eaſier acted upon by the boiling water, ſo as to burſt them. Peaſe, that are known to be hard burſters, had better be broken in a mill.

Barley.

A very good meſs may be made from barley well boiled, perhaps for two or three hours, until it becomes a mucilage or jelly, when it may be eaten with ſugar or but-

ter,

ter, in the manner of ſtir-pudding, which is made of *wheat-flour and milk*, in imitation of haſty-pudding, a diſh pretty well known, and needs no comment here.

Boiled barley eats very well with milk, adding a little ſalt to reliſh it. It is a very wholeſome food for children, much uſed in the north of England, and ought to be uſed in every family throughout the kingdom, where children are. Rice, alſo by the ſame mode, ought to be more uſed, ſeaſoned with ginger.——Boiled wheat eaten with milk, is a very common diſh in Yorkſhire.

Barley broth, with butter inſtead of fat, is alſo a good diſh, either with or without onions, parſley, &c.

I ſhall now take notice of milk-diet; which, I am ſorry to find, is getting out of uſe, even in thoſe counties where it was a general and favorite diſh; I mean the northern counties, which may, probably, be one cauſe of the dearneſs of butchers meat,

meat; and other aricles of diet, the demand for the latter being greater. If we look twenty or thirty years back, the ſyſtem of living has almoſt undergone a total change.

It is to be ſincerely wiſhed, mankind would conſent to partake more of that wholeſome and nutritious fare—milk, and a preparation from it; I mean *curds*, which I find not properly made in the ſouth of England, and which I attribute as a reaſon why ſuch are not liked, but poſſeſſing a ſour taſte, like a mixture of churn and ſweet milk. Good curds have no ſour taſte, are thickiſh, ſoft and curdy, and are prepared as follows:—Take the *whey*, which is ſtrained from the *cheeſe-curd*, ſay a kettle full, or pailful—if made of new-milk whey ſo much the better;—put this over the fire to warm, or rather give it a ſmartiſh heat, then add ſome very old churn-milk, not *new-churn* milk, *for there the miſtake lies*;—in a ſhort time, white flakes will ariſe in the pan, which will collect into lumps of a very fine

fine white mellow, bland taſted ſubſtance; this is the curd which I allude to, and may be eaten with milk, ale and ſugar, wine and ſugar, ſeaſoned with nutmeg, or ginger, as the parties can afford :—Of this Northumbrians partake, perhaps, three or four days in the week in the ſummer, both for dinner and ſupper; and it is well known, thoſe milk-diet men are ſtrong, healthy and well-looking in general, and work very hard.

Observation—Potatoes and milk are allowed almoſt by every one, to be a pleaſant fare—then why not bread and milk? Thoſe who admit of the one, cannot, on juſt grounds, deny the other; yet, how ſeldom thoſe of the ſouth of England partake of the latter.

The idea ſome entertain that it is not nouriſhing, is falſe and groundleſs; and that it is cold to the ſtomach; if ſo, the more pleaſant it will be in ſummer, the proper time for its uſe; for my own part,

I think

I think milk a cordial on a hot ſummer's day.

Some inconſiderate perſons, I mean the labouring poor, pronounce it a *mean diet!* But, pray, what is *ſalt and potatoes?* or *cabbage and ſalt?* Meſſes, thoſe very decryers of milk-diet are obliged, perhaps, to eat four days in the week:—But, on the other hand, I muſt here obſerve, that milk is not always to be procured by the labouring poor, as farmers and cow-keepers are ſo much in the habit of making butter and cheeſe; however, I would hope, labourers might not be denied a due quantity of milk, even if ſome little inconvenience ſhould be ſuſtained by their employers. New-milk, in the country, uſed formerly to be ſold at the rate of a *penny per quart*; but as all other articles of diet have roſe to nearly double in late years, milk ought to be ſold at *three-halfpence* and *two-pence* a quart, and I am well aſſured, it would pay the farmer better

than

than making butter and cheeſe, even at the high price thoſe articles are at preſent.—I am well aſſured that if ſkimed milk could be ſold to the poor at a penny per quart, would ſuit the views better, both of the farmer and labourer, as ſuch affords very little curd in proportion to the quantity uſed, conſequently very improper for cheeſe-making.

By the various modes which milk can be uſed, as ſpecified in this work, the labourer will find it his intereſt to purchaſe it at every opportunity; in ſhort, I cannot help thinking, but the almoſt total diſuſe of milk is a cauſe of the high price of proviſions; as people, by uſing it in the way of butter and cheeſe, eat at greater expence than if they partook of milk itſelf, independent of the ale that is neceſſary, and cuſtomary to be drank with bread and cheeſe.

I will allow, that a good deal depends on being accuſtomed to milk-diet, but

thoſe

thoſe prejudices and complaints that may be ſuppoſed to be occaſioned, may eaſily be obviated; and it ought to be a ſtanding rule with parents, to feed their children with milk at every opportunity, that when grown up to maturity, no particular averſion to it may be occaſioned, for a good deal depends on cuſtom in diet.

As to the idea of milk occaſioning worms, which ſome are pleaſed to ſay, as far as my obſervations have carried me, I think is without foundation; all children, let their diet be what it will, are diſpoſed to worms, and there are a hundred remedies to remove them.

Before I finiſh my obſervations on milk, I muſt point out another diſh, called *ale-poſſet*—in Northumberland, and adjacent counties, where it is much uſed:——

Take a quart of milk, which warm over the fire, then pour it on a penny-worth of good white bread; warm half a pint of ale, which muſt not be too hard,

elſe

elſe it will make the milk curdle; ſtir well with a ſpoon, when it muſt be added little by little to the milk; ſweeten with a little brown ſugar, and ſeaſon with ginger grated in.—The expence of this is but trifling, and makes a hearty comfortable breakfaſt for two hard-working men.

Skimed milk, where leaden bowls have not been uſed to extract the cream, will make very good poſſet; and when home-brewed ale is uſed, will be a very cheap diſh, as appears by the following ſtatement:——

	D.
Six pints of ſkimed milk -	3
One pint and a half of ale -	2
Brown ſugar and ginger -	2½
White bread - -	3
	10½

The above is a breakfaſt or ſupper for ſix men!

Butter, in a proportionate quantity, ſeems a neceſſary article of diet; even thoſe who

who decry fat and fat meat, uſe it pretty freely :—If they object to fat in the compoſition of their ſoups, or as a ſauce, or ſavory help to lean meat, they will uſe butter, a much more expenſive article, inſtead thereof, which requires a larger quantity in proportion to fat to give meat and ſoup proper ſapidity.——So we find writers on cookery, give careful directions in their receipts, *to ſkim off the fat of broth*, when at the ſame time, they adviſe the liberal uſe of butter to be added.—So we alſo obſerve, in their directions for vegetable ſoups—Butter to be fryed with bread; that is, burnt butter to be put in the meſs. The intention of the butter is to give the ſoup a ſmooth ſavory taſte—then why not fry fat with bread inſtead of butter ?—The ſame queſtion and inference may be drawn from the common cuſtom of making meat gravies, where the *lean part* of meat is choſen; and to give them ſapidity, butter muſt be called in :—Why not a little of

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the fat of meat, correſponding with the particular kind of meat uſed, whether beef, mutton, pork, veal, &c. ? Cooks beſtow a great deal of pains to make gravies ;—they ſtew and boil lean meat for hours, and often their cookery, when brought upon the table, taſtes more of pepper and ſalt than any thing elſe :—If they would add the bulk of a cheſnut of ſolid fat to a common ſized ſauce-boatful of gravy, it would give it more flavor than twenty hours ſtewing of lean meat would, unleſs a large quantity was uſed, not warranted by the rules of frugality.—So we ſee alſo the folly of making gravies for hare with the liver of the animal ;—a ſtew of fat bacon would anſwer a much better purpoſe, by affording an agreeable flavor ; and every one knows hare to be dry eating, hence the neceſſity of butter, fat, &c. as helps to it.

Probably, I am making theſe obſervations to very little purpoſe or effect on the minds

minds of my readers; mankind are generally too much rivetted, or enſlaved to their wonted cuſtoms to be biaſſed by any fair reaſoning whatever.—To thoſe who object to my remarks on hare ſauce, I muſt inform them, that many ſtuff hares with bacon, which ſerves as baſting, beſides the fine flavor or ſapidity it gives—Suet is generally uſed as ſtuffing; if a little bacon cut ſmall was added alſo, I can venture to affirm, would be a capital improvement.

Fat meat appears to be a favorite with all ranks of Engliſh people, if we are to judge from the quantity expoſed at every butcher's ſhop and ſtall, that muſt aſtoniſh foreigners, in whoſe countries fat meat either cannot or is not to be had in ſuch plenitude. The grazier who feeds cattle the fatteſt, and the butcher who purchaſes the ſame, are the moſt eſteemed, and conſidered by the public at large as valuable members of the community, by coinciding exactly

exactly with their wiſhes.—This poſition, which cannot be denied, certainly gives a conſiderable weight in the propriety of my invention, where it is ſo œconomical as to ſave 30 per cent. in butchers' meat. To thoſe who may have doubts as to its excellence, I beg leave to lay before them a fact illuſtrative thereof.——

The family of a Mr. Brown, ſurgeon, Eaton-ſtreet, Pimlico, are particularly averſe to fat meat, that when they by chance partake plentifully of it, dreſſed after the common mode of cookery, that is, roaſted, boiled or baked, complain of heart-burn, thirſt, indigeſtion, and their concomitants: On the 26th of October laſt, a diſh of ſoup was preſented to them, prepared agreeable to the receipt below,* of which they partook

* Beef-ſuet three ounces; bacon fat one ounce; barley half a pound; oatmeal two ounces; wheat flour one ounce; onions, pepper and ſalt, a proportionate quantity; water ſufficient to make a gallon.

partook plentifully, *pronouncing it delicious*; ſat light and eaſy on the ſtomach, without heart-burn, or other complaints.—This inſtance is a ſtrong proof that *a mixture of fat with vegetable mucilage* is founded on ſound reaſon and the greateſt propriety, equally as wholeſome, or perhaps more ſo, than fat with potatoes, cabbages, peaſe, &c. or with flour in the ſhape of paſte and puddings, where a much larger quantity is neceſſary to a given number of perſons.

I muſt here treſpaſs a little on the reader's patience, and obſerve, for particular reaſons, of which more in another place, addreſſed to thoſe whom it immediately concerns, that a great ſaving would acrue to government by adopting the ſoups, and other parts of the cookery in the navy, and in barracks on foreign ſtations, as alſo victualing the priſoners, where freſh beef and a regular ſupply of articles, agreeable

to

to the forms of the navy are not always to be had.

A gallon of ſoup, value four-pence, would go a very great way in dining eight men, whilſt ſuet-pudding, *three pound and a half of flour*, and *half-a-pound of ſuet*, coſting about *nine-pence* or *ten-pence*, will go no further.——Juſtice to myſelf, prompts me to an argument, which, I truſt, the the public will deem a powerful one:—That, if my ſoup is thought unwholeſome, on account of the ſuet contained therein, the ſeamens' ſuet-pudding, which contains *more* of it, muſt, by that chain of reaſoning, be *more* unwholeſome, *and ought to be prohibited in the navy*; or ſuppoſe only *four* ounces of ſuet to be put in the pudding, ſtill I hold it not ſo wholeſome as the ſoup, becauſe the barley and other materials, are by the cookery, eaſily made miſceable with the ſuet, and aſſiſting in its digeſtion, whilſt the flour in the pudding, which cannot conveniently be cleared from weavels

and

and other inſects, as in the ſoup, is combined with water; no eggs, or other helps to it, to lighten the paſte a little, *is viſcid in the extreme*; conſequently, very unwholeſome, when put in competition with the ſoup.

Portable ſoup that is uſed in the navy, might be much improved, ſo as to imitate freſh beef ſoup, poſſeſſing a fine flavor, and of very nutritious qualities, at the expence of about *ten-pence* per gallon.

On long voyages, when ſhips' companies are put ſolely to ſalt beef and pork, or when ſcarcity of other articles happen, ſuch as flour, &c. this ſoup, in its improved ſtate, would be a valuable acquiſition; but in the preſent ſtate it is in, being ſuch *thin meagre fare*, is fit only for the ſick, and thoſe of very weak delicate ſtomachs. The commiſſioners of the ſick and hurt, have ſaid—"*Their portable ſoup is excellent! that it needs no further improvement, nor do they*

they wiſh it"—I beg leave to tell them, a Britiſh tar, enjoying a good ſtate of health, could eat a quarter of a pound of it at a meal, diſſolved in a quart of water, value *ſixpence*, which is intended for *one gallon* of ſoup.

It is in quality, when prepared as directed with pepper and ſalt, *ſomething better than water*; to a ſick perſon, it ſerves as a reliſh to a biſcuit, juſt as tea does to bread and butter.

One pound of ſuet, which takes up little or none of the ſalt in a ſtate of pickle as lean beef does, contains more nutrition than *four pounds* of the beſt portable ſoup that ever was made for the navy.—The gelatinous parts of animals are very nutritious, but the fat of animals is ſtill more ſo;—common ſenſe—no chemical reaſon need be called in to decide this point.—A pint of leg of beef gravy, value twopence, weighing, perhaps, twenty ounces, will impregnate *a gallon* of water with a moderate

moderate taſte of the ſubject ; but, a pint of melted ſuet will impregnate *four gallons* of water, with a much ſtronger taſte of the ſubject ; for taſte alone, is in this caſe as good a criterion to go by, juſt as an *equal bulk* of parſley in the leaf, is to an *equal bulk* of parſley in the ſeed ; when it muſt be well known to any capacity, whether the former or the latter poſſeſſes moſt of the virtues and eſſence of the plant.——It is but premature at preſent to enter into any further argument on the point ; but ſhould I find the commiſſioners of the ſick and hurt inclined to diſpute it, I will then come forward, ſupported by ſome gentlemen, eminent in chemical knowledge, whom I have conſulted previous to this work being ſent to the preſs. In the preſent ſtate of the buſineſs, I muſt tell the commiſſioners, their arguments againſt the adoption of the cookery in the navy, are *impotent and puerile in the extreme* ; and every reader of this work, after having

ing ſeen the ſtatement of the ſoup, with reſpect to the ſuet-pudding uſed on ſhip-board, muſt coincide with me in opinion.

The following receipts have been put into the writer's hands, by ſome ladies and gentlemen, who are well-wiſhers to the work.

1ſt. *Iriſh Stew.*

Take fat mutton chops, any quantity, for example, two pounds, potatoes, from four to ſix pounds, waſhed and ſcraped; onions or leeks, a proportionate quantity; pepper and ſalt a ſufficiency; ſtew the above with a ſmall quantity of water, for an hour and a half in a veſſel cloſe covered. NOTE—It makes a very cheap, wholeſome, nouriſhing diſh, which, I hope, every family will be acquainted with, and this intimation rendered unneceſſary.—On the the ſame principle, legs of beef, ox-cheek, or the fat, ſinewy parts of meat may be

cooked,

cooked, but lean meat will not be ſo taſty, or nutritious, for reaſons already given in the courſe of this work——Rice may be uſed inſtead of potatoes.

2nd—Take of gravy beef, one pound; Scotch-barley, one pound; potatoes, two pounds; onions, one pound; pepper and ſalt, a ſufficient quantity; bacon, three ounces:—The produce will be four quarts of ſoup, and will dine and ſup three working men.

3d—A ſheep's head; barley, one pound and a half; potatoes, three pounds; onions half a pound; pepper and ſalt a ſufficient quantity; with cabbages, turnips, and carrots, and eleven pints of water; it will produce ſix quarts of ſoup; ſufficient to dine and ſup four men.

4th—Take of bacon, half a pound; barley four ounces; of onions, pepper and ſalt a ſufficient quantity; water to make two pints and a half of ſoup, which will dine three men with bread.

5th

5th—With neck of beef, as in the 2nd receipt.

6th—An ox-cheek; barley, one pound, potatoes, ſix pounds, onions, one pound, pepper and ſalt a ſufficient quantity, with cabbages, turnips and carrots, boil in twenty two pints of water, to produce three gallons, ſufficient to dine eight men—very ſalubrious and rich.

The publiſher is of opinion, that the beſt method of preparing the above would be firſt, to ſtew the meat in a ſmall quantity of water cloſe covered up, and then add more water with the barley and vegetables.

The bacon in the ſecond receipt, which is purpoſely intended to reliſh the ſoup, ſhould be melted before the fire, on a little flour or oatmeal. The half pound of bacon in the fourth receipt, if diſſolved away, would make *two gallons* of excellent ſoup, with a pound of barley.

If any fat appears on the top of any of the above ſtews, *it ſhould not be ſkimed off*, but ſhould be united with the broth by means of flour, oatmeal, or potatoe ſtarch, when probably more water will be neceſſary, which will of courſe encreaſe the quantity, leaving it equally as ſtrong taſted, for the reaſons already given in many other parts of this work.

7th---Colonel Paynter's meſs-ſoup, for the marines at Portſmouth, copied from the London Evening Poſt, October 27, 1795.

Take three pounds of the ſhins of beef, or of the ſtickings, or any of the coarſe or cheap parts of beef; put theſe into twelve quarts of water, which muſt boil gently for three hours; then add one pound of Scotch-barley, and boil four hours more, during which time, add ſix pounds of good potatoes, and half a pound of onions or leeks, ſome parſley, thyme, or ſavory; ſeaſon

ſeaſon the whole with pepper and ſalt; any additional vegetables, or ſplit-peaſe ſhould be added, and half-a-pound of bacon cut into thin ſlices, will make it more ſavory.

In cities and towns many bones may be procured from the butcher, which may anſwer the purpoſe of the meat, and will be much cheaper; this potage is ſufficient for twelve men.

8th---Mr Plummer's receipt for feeding the poor in Hertfordſhire, in 1795.

Take thirty quarts of water; ten pounds of good beef; ſix pounds of potatoes; ſix pounds of turnips; three pounds of onions; three pounds of rice; two quarts of oatmeal; boil them all ſlowly for eight hours.

NOTE.—*If the beef be lean, beef-ſuet, or other fat, ſhould be added.*

9th—

9th---Another good Potage to feed the Poor.

Take four gallons of water ; four pounds of beef; boil gently for two hours; ſcum the broth, then add ſix pounds of potatoes, well waſhed, ſcraped, and cut in pieces; ſeaſon with ſalt, and boil for two hours more.

Half an hour before dinner, cut four pounds of bread in ſlices, lay them in a ſoup-diſh, and pour a little of the broth on that bread.

At dinner time, pour upon thoſe bread ſlices the remaining broth ; ſtir it well, and put more ſalt and pepper ; one pound of bacon, would do inſtead of two pounds of beef ;—it muſt not be kept in a braſs pan.

NOTE—To ſkim the broth—*if the fat is meant, will be unneceſſary and waſteful.*

10th---From the Gentleman's Magazine.

Take ſix quarts of water ; two pounds of beef, mutton, or veal, or of hung-beef refreſh-

refreſhed in water, and cut into very ſmall pieces; let the above be boiled ſlow, or ſtewed until quite tender, then add parſnips, a quarter of a pound, or carrots, or turnips ſliced thin, alſo two ounces of leeks or onions, and other greens, ſuch as cabbage, lettice, celery; thicken the whole with a quart of oatmeal, or any kind of meal, or beans or peaſe—knocked-barley will make a good ſubſtitute for meal—ſeaſon with pepper, ginger and ſalt.

In thoſe places where pot or Scotch-barley is not to be had, the common barley, firſt moiſtened with a little water, and put into a wooden or ſtone trough, and beaten with a wooden mallet of conſiderable weight, will prepare the barley, called knocked-barley, where the outer rind or ſkin is taken off by the operation, and ſeperated from the barley by ſifting through a ſieve.

11*th*—*Heſſian Soup, for ſix perſons.*

Take four quarts of water, one pound of

of good beef cut in ſlices, one pint of fine white ſplit-peaſe, two pounds of potatoes, three ounces of rice, three heads of celery, three onions or leeks, dryed mint, parſley, or thyme, pepper and ſalt; let all boil ſlow together, until the four quarts are reduced to three, then ſtrain through a ſieve.

Slices of bread to be put into the ſoup when it is to be eaten.

NOTE—*Straining this ſoup is totally unneceſſary, and not warranted by the rules of frugal cookery.*

12*th*—*A Cottage Pudding of Potatoes.*

Take two pounds of potatoes, boiled, peeled, and maſhed, one pint of milk, three eggs, and two ounces of moiſt ſugar, mix them well together, and boil near an hour.

13*th*—*Another.*

Take twelve ounces of potatoes, boiled, ſkined and maſhed, one ounce of ſuet, a lit-

a little milk; and an ounce of Glouceſter cheeſe; mix them well with as much boiling water as is neceſſary to bring to a due conſiſtence, which bake in an earthen pan.

14*th*—*Another.*

Take twelve ounces of maſhed potatoes; one ounce of ſuet; one ounce of red-herring, pounded fine in a mortar, or other convenient utenſil; mix them well together, and bake in an earthen-pan.

15*th*—*Marrow Pudding, with Potatoes*

Take marrow from the bones of beef ſhins, and fat from the broth; a ſufficient quantity of potatoes; wheat and barley-meal:—This pudding will coſt but *three-halfpence* per pound.

NOTE—*A ſmall quantity of wheat-flour added to any of the above puddings, will be an uſeful and proper addition.*

16*th*

16th—Rice Pudding.

Take a quarter of a pound of rice, tie it up in a bag which is large enough to hold five times that quantity, let the rice be quite looſe in the bag; it will produce a pound of ſolid rice food; which, if eaten with any ſweet or ſavory ſauce, makes a good palatable pudding.

17th—Another.

Take half-a-pound of rice; a quarter of a pound of raiſons; two ounces of brown ſugar; two quarts of milk;—theſe ingredients coſt ten-pence, and produce above four pounds weight of ſolid, nutritious, and pleaſant food.

At the foundling-hoſpital, rice-puddings are made as under: *viz.* Twenty one pounds of rice; ſixteen pounds of raiſons; and fourteen gallons of milk—Not half the expence of their former flour puddings.

18th—Salt Herrings and Potatoes maſhed.

A good palatable diſh is made by boil-

ing

ing herrings, afterwards ſkining, boning, and maſhing them up with boiled potatoes, and warming the whole with a little melted butter, or drippings prepared in the manner of melted butter.

Herrings may be refreſhed conſiderably by ſteeping them in warm water for five or ten minutes.

19*th*—*A good Meſs*

Is potatoes and parſnips boiled and maſhed together, and ate with butter, drippings, &c. as directed in a former part of this work, for haſty-pudding.

Potatoes and cabbages, well boiled and maſhed as above, with the addition of a few onions, form alſo a good meſs, and much uſed in Ireland, as well as the two laſt receipts.

Many have objections to the large Scotch winter cabbage, ſo called; but when they are well boiled, they eat very tender, mellow and pleaſant.—apropos—In the months of March, April, May, and June, greens

and

and other garden-ſtuff are often ſcarce. All cottagers who have gardens, inſtead of throwing the cabbage-ſtocks to the dung-hill, which they are very apt to do, ought to preſerve them for ſpring greens, by pricking them in the ground, around the borders of their gardens, or other convenient places, when they will produce abundance of tender ſhoots, proper for greens in the ſpring of the year, until ſuch time as ſpinage and ſummer cabbages are ready for uſe: And, I cannot help obſerving, that farmers are very remiſs in theſe matters, from the opportunity afforded them through the field-cabbage cultivation. I have often found in farmers houſes a want of greens in the ſpring of the year; having nothing but peaſe, and bad-taſted potatoes, to their animal food: How eaſy they might procure an abundance of greens, both for themſelves and labouring poor, by ſowing, (in Auguſt) a pound of Scotch cabbage-ſeed,

ſeed, value *two ſhillings*, on any of their grounds—ſummer fallow for inſtance. It is well know, *cabbage-plants* make an excellent eating green. And, I muſt obſerve, alſo, that if farmers, who rent *an hundred acres* of land, were to plant *one acre* with potatoes, after the field mode of cultivation, or even compelled thereto by act of parliament, to do away any prior agreement between them and their landlords, a beneficial effect to the community would be the iſſue; potatoes having now become ſo univerſal a food amongſt the lower claſſes of the people; beſides an abundance of pig potatoes would be procured, that might have a conſiderable effect in bringing down the price of bacon; or leſſening the expence attendant on the feeding of hogs; which often coſt the labourers who feed them more than their intrinſic value.

An acre of potatoes ſo planted, by means of the plough, would yield as much profit to the farmer, as any other kind of crop

in

in a general way, even if they were reduced to half the price which they now are.

Potatoe-Starch.

As potatoe-ſtarch has often been directed to be uſed in the compoſition of ſoups, a deſcription of the method of making it, will be perhaps neceſſary, as many who peruſe this work, may be unacquainted therewith. That potatoe-ſtarch is wholeſome, I truſt, no one will deny, otherwiſe, the wholeſomeneſs of potatoes may be denied alſo.

Firſt, waſh potatoes, any quantity; then raſp or grate them with a grater into a large quantity of cold water, ſay a gallon, to two pounds of potatoes; ſet this by for twenty four hours, frequently ſtiring it up; pour off the clear liquor, and add more water to what remains at the bottom of the veſſel; ſet this by for twenty four hours more, frequently ſtiring as before;

fore; and then again pour off the clear liquor, when the ſtarch will be found at the bottom of the veſſel, in a very fine white powdery ſtate, which may be mixed with a little more water, and run through a piece of coarſe cloth, to ſeperate it from the refuſe of the potatoes, which will be found amongſt it; then the water muſt again be poured off, after having ſtood a little while, and the ſtarch dryed in the ſun, or before the fire.

Cooking Utenſils.

The choice of cooking utenſils, ought to be ſuch as occaſion the leaſt expence of fuel, and preſerve moſt the virtues of the meat and vegetables. Thoſe tin boilers with partitions ſeem preferable, where vegetables are cooked by ſteam; take up little room on a fire, and require little fuel to heat, and boil the materials contained therein

Meat

Meat for ſtews and ſoups, can be prepared in the lower part of the boiler, whilſt potatoes, or other vegetables in the upper part, are ſufficiently prepared by means of the ſteam. The extra expence in the purchaſe of this, and all other ſuch œconomical contrivances, is ſoon re-emburſed by the ſaving in fuel, &c.

There are many excellently contrived cooking utenſils and fire-places, by Count *Rumford* and others, to be met with almoſt at any tinman's ſhop, ironmongers, &c. To give a deſcription here is unneceſſary, and would draw this work into too great a length:—Printed directions for the uſe of the above, are generally given in with the purchaſe.

There is one very excellent utenſil, contrived ſo as to ſtew meat and ſtakes in the lower part of it, whilſt the upper is deſigned for *potatoe-paſty*, which is impregnated with the ſteam of the meat, by means of holes in the partition. Butchers' meat

cooked

cooked in this way, (which is baked) is upon the moſt frugal plan; two pounds of it, poſſeſſing a rich gravy with the paſty, will dine a family of ſix perſons comfortably.

A mettle pot, in general uſe in Cornwall, and in many parts of Ireland, is an excellent utenſil, both for boiling and baking: where, for the purpoſe of baking, the lid of the pot is firſt heated and put on the hearth, with the pot turned upſide down upon it; this ſoon communicates a heat to the whole:—When the pye, intended to be baked, is put in, and embers, ſuch as from charcoal, cinders, turf, and wood-aſhes are put round and over it in a ſmothered manner, ſo as to retain the heat:—In this ſtate it may be left by families, whoſe employment is out of doors, and whoſe abſence may be for four or ſix hours; during which time, their pies are baking ſufficiently, without hazard of burning or being over done.

And what is more uſual with thoſe whoſe employment lie within doors, is to hang the pot, previouſly heated, with the lid or mouth part uppermoſt, on a crook for that purpoſe, at a convenient diſtance from the fire; or, by turning the pot downwards, with the lid on the fire, or kept at a little diſtance from it by means of bricks, when a very little fire will be required for baking a pye.

On the ſame principle, pies are baked in Ireland, Scotland, and the northern counties of England, on a girdle or baſteſtone, ſo called; which is uſed alſo for baking cake-bread:—It is a round plate of iron, of a foot diameter, or leſs, and about one-third of an inch thick—on this the pye is put, and placed over the fire, with a tin cover over the pye; the ſame is baked with no more fuel than what is uſually kept in a fire-place.

Before I draw to a concluſion, I cannot omit taking notice of a charity, eſtabliſhed in

Spital

Spital-fields, which does honor to humanity; where the poor, amounting to ten thouſand and upwards, are fed occaſionally with leg of beef ſtew, or ſoup, peaſe-pudding, and potatoes, at half the intrinſic value, prepared at cook-ſhops, ſituated at convenient diſtances.

In a pamphlet, printed by *H. Fry*, deſcriptive of the charity, it ſeems ſixty-four pounds of legs and ſhins of beef make fifty-ſix pints of excellent beef gravy; a pint of which, with a proportion of meat, peaſe-pudding, or potatoes, make a ſufficient meal for a grown-up perſon. The writer hints in another page, that with the addition of barley, peaſe, cabbage, &c. a great variety could be formed from it—Yes; *a very great variety can be formed* as alſo *a very great increaſe of quantity*, as noted in a former part of this work, where, with barley-broth, made agreeable to the firſt receipt, the quantity of ſoup might be increaſed, inſtead of fifty-ſix pints

to

to three times that quantity, or one hundred and ſixty-eight pints of good, pleaſant, wholeſome, nutritious ſoup; feeding inſtead of fifty-ſix, one hundred and ſixty-eight men:—If the fat is not ſkimed off, two hundred and twenty-four men. That the fat is not deemed unwholeſome by that writer, I am perfectly ſatisfied, for he directs it to be added to the peaſe-pudding; ſo we only differ as to the mode of uſing it.

The appendix contains a friendly recommendation to labouring people and others, having families at home, ſome parts of which I ſhall now quote; as alſo ſome excellent obſervations contained in another pamphlet, which has been put into my hands for that purpoſe, entitled, "*Uſeful Suggeſtions, favorable to the Comfort of the Labouring People and decent Houſe-keepers.*"

"The firſt conſideration with every "well-intentioned, induſtrious man, and all "heads of families who have a ſmall income,

"is

" is, *how to make the little they have go as far* " *as poſſible*, without abridging the frugal " comforts to which they are juſtly entitled; " without pinching their children of that " wholeſome and palatable nouriſhment, " which is neceſſary for the purpoſe of " rearing them up to maturity in health " and ſtrength. This is not to be effected " by the too-prevailing mode *of dreſſing meat* " *on a gridiron*. The poor man, who " dreſſes his meat in this way, throws " at leaſt *one-third* of the real nouriſh- " ment into the fire; while he who boils it " without making ſome kind of ſoup, throws " *half* of it away in the water."

" The frugal houſewife, who will ſtew " her meat, with potatoes, onions, vege- " tables, and barley, or rice, varying the " diſh occaſionally, by way of change, " but always obſerving the rule to make " ſome kind of ſavory ſoup, will find, by " experience, that the family, for the year " round, will fare twice as well; will

" conſtantly

" conſtantly have enough; and will ſave,
" with proper attention, at leaſt one-third
" of what is waſted by want of proper
" attention to a better mode of dreſſing
" victuals."

" Thoſe, who work or live at home in
" a family way, muſt, of courſe, have
" a fire to warm them, and to boil their
" tea-kettle:—The ſame fire will ſtew
" meat and vegetables, and make broth.
" Moſt families, even in lodgings, have
" an iron pot, or ſtew-pan, or if not,
" it can eaſily be procured, therefore
" no extra expence is incurred, nor any
" time loſt by this ſuperior mode of cook-
" ing."

" If, inſtead of bread and butter to chil-
" dren* for breakfaſt, (the latter often rancid

" and

* The writer of theſe pages is of opinion, the diſhes here preſcribed for children are proper for adults alſo.

" and unwholeſome), *thick water-gruel*, well
" boiled, with a ſmall quantity of milk or
" treacle, or occaſionally rice and milk were
" ſubſtituted, it would be found infinitely
" more nouriſhing, equally palatable, and a
" deal cheaper; for ſuch a diſh could be fur-
" niſhed at leſs than half price.—It is alſo
" the moſt proper ſupper for children, and
" greatly to be preferred to the uſual prac-
" tice of feeding children with bread and
" butter, or bread and cheeſe, which requires
" afterwards a certain quantity of malt-li-
" quor, which otherwiſe would not be ne-
" ceſſary.——Such breakfaſts and ſuppers
" might be varied, and potatoes and milk
" ſubſtituted in the room thereof, at thoſe
" ſeaſons of the year when both are cheap
" and good."

This writer very properly concludes to the following effect—That the poor man and woman, who obſerve the above rules of œconomy, avoiding the too-frequent uſe of the gin-bottle, and exceſs in other liquors, will

ſeldom

ſeldom or never have occaſion for a tempo-
rary ſupply from pawnbrokers, that adds
but diſtreſs to diſtreſs.

The frugal, honeſt and induſtrious, al-
though poor, are ſtill reſpectable in the eyes
of ſociety, and can never want friends; will
always be ſure of ſupport. The firſt noble-
man in the country, would do himſelf honor
by taking them by the hand; and every good
man will be their friend and protector, when
ſickneſs and unavoidable diſtreſs comes upon
them, whilſt the lazy and diſſolute will be left
to ſuffer the miſery, which their idleneſs and
vice muſt ultimately bring upon them.

In the pamphlet, entitled "*Uſeful Sugge-
ſtions, favorable to the Comforts of the Labouring
People,*" are ſome ſenſible obſervations on
ſoup, as follows:

" It has long been obſerved as a matter
" of regret, by the friends of the poor, who
" have had acceſs to examine the modes of
" living, which prevail in other parts of the
" kingdom, (meaning the northern counties

" of

" of England), that the labouring poor who
" have chiefly been bred in London, are
" deprived of many comforts which they
" might freely enjoy, were they acquainted
" with the various uſeful methods of dreſſing
" meat and vegetables, ſo as to make their
" earnings go as far as poſſible in a family,
" and thereby afford a wholeſome, palata-
" ble, and abundant ſupply of ſavory and
" nouriſhing food, at a ſmall expence.

" It is not many years ago, ſince the more
" opulent part of the people of London
" could be made to believe, that ſoups were
" good and profitable in a family; and even
" now, except among the higher ranks, is
" not a mode of cookery which generally
" prevails, *although it is advancing very faſt*;
" *becauſe the ſecret is no ſooner diſcovered than it*
" *is adopted*, and conſidered by all who have
" learned the true and proper method of
" making ſoups of meat and vegetables, as
" a great acquiſition to every family, eſpe-
" cially where there are children."

" So

" So powerful is habit and cuſtom, that it " is only a few years ſince ſoups were in- " troduced into the work-houſes in London, " and it will ſcarce be believed, that the rich " and nouriſhing juices of the meat which " intermixed with the water which boiled " it, *were generally thrown out and loſt.*"

" A better knowledge of cookery, and a " greater regard to the healths of the poor " people, have induced the managers of " many work-houſes *to ſave* the water in " which their meat has been boiled, and to " make it into ſoup on the following day, " with the addition of ſome bones to en- " rich it, and a mixture of ſuch vegetables " as the ſeaſon of the year affords; by " which means, at a very trifling expence, " the poor people enjoy a moſt nouriſhing, " palatable, and balſamic food, to which " they were ſtrangers before; but which " experience teaches them, after knowing " it, to prefer to any thing elſe: and yet in " the work-houſes, this ſoup is not ſo good

" as

" as it might be, by a proper diſtribution of
" ſavory vegetables and barley."

" The beſt and cheapeſt method of ma-
" king a rich and nouriſhing ſoup, is only
" known to the higher claſſes of people in
" London, and in the ſouth of England,
" with very few exceptions, and therefore
" the object of the writer of theſe pages, is
" to extend that knowledge, in all its
" branches, to the labourers, mechanics,
" and other decent houſe-keepers, who have
" ſmall incomes and large families, that
" they may thereby, be enabled to live
" better themſelves, and feed their children
" with as wholeſome diet as the rich man's
" children enjoy, and that too at a ſmaller
" expence than they now enjoy."

" At preſent, the labouring poor are not
" frequently known to purchaſe what is
" called the coarſer pieces of the different
" kinds of butchers' meat.——Unſkilled in
" the nutritious qualities which attach to
" them, becauſe of their ignorance in cook-
" ery,

" ery, they leave this kind of meat to be
" bought up at an inferior price, by many
" of the higher claſſes, and they lay out
" their money in pieces for roaſting, where
" the bones, perhaps, enhances the price of
" the actual meat to *nine-pence* or *ten-pence*
" a pound, which is ſent to an oven to be
" baked, where the nouriſhing parts are
" dried up, and where all that a poor man
" can afford to purchaſe, perhaps does not
" half ſatisfy the appetites of himſelf and
" family."

The above obſervations are ſo much to the purpoſe, that I could not avoid quoting them.—I differ with this ſenſible writer, and all others, only in regard to *roaſted meat*, where I affirm, agreeable to my theory of nutrition, depending on the fatty part of animal food, *that good ſoups can be made from theſe joints with œconomy*:—So that the labouring poor, when diſpoſed to purchaſe roaſting pieces of meat, (although the ſeldomer they

do

do ſo the better, on account of the high price) if they make ſoup of the drippings, agreeable to my inſtructions already given in a former part of this work, they will be ſtrictly and properly purſuing the laudable rules of œconomy.

With reſpect to meat baked in an oven after the common mode; a conſiderable waſte is certainly occaſioned, as great quantities of nutritious particles fly off in vapour, leſſening the joint to one-third of the original weight, excluſive of the fat, which is half burnt away, beſides liable, common fame ſays, to be pilfered.

I recommend potatoes, boiled and maſhed, to be put over the meat, ſo as to cover it entirely, with a little water put in the bottom of the diſh, which diſh muſt be of a hollow, deep make, ſuch as cream-jugs are; the ſteam of the meat will be abſorbed by the potatoes, rendering them pleaſant, and highly nutritious, and the meat itſelf very ſavory. A four pound piece of meat,

as

as above directed, will take about eight pounds of potatoes and a pint of water, to which muſt be added pepper and ſalt, and with or without onions, or leeks as beſt pleaſe the palate;—this diſh will bake in two hours.

Much on the ſame principle, a diſh conſiſting of rice and meat, may be cooked. Put ſome meat, that is pretty fat in the bottom of the baking-diſh, with a little water, pepper and ſalt; over that ſome rice, either boiled or unboiled, then ſome more meat and rice, alternately ſeaſoned as before, and water, in double and treble the quantity, as directed for potatoes.—This is a very ſavory diſh, and a good method of eating rice.

From what has been obſerved with reſpect to ſoups, I truſt, every houſe-keeper who wiſhes to be œconomical, will never boil joints of meat without making at the ſame time, ſome kind of ſoup, agreeable to

to the forms here laid down, particularly thoſe were barley makes part of the compoſition: Barley, (I mean the hull'd, or Scotch ſort, ſo called), eats agreeable with almoſt any kind of butchers' meat, and with any joint of meat; whether neck, breaſt, leg, or ribs, &c. and, was but the excellence of this cookery univerſally known and practiced throughout this kingdom, ſuch advice, as is contained in this and other works, deſcriptive of frugal cookery, would be partly unneceſſary:—Inſtead of which, it unfortunately happens in England, that a pound of butchers' meat is but a meal for one man, whilſt in other countries, by making it into ſoup, is a meal for ſix men. Foreigners make their ſoup in a pot, but Engliſhmen make theirs in their ſtomachs, by ſwilling down a large quantity of ale and porter with their meat, which they find neceſſary to quench the thirſt occaſioned thereby:—Hence, ſays a ſenſible writer, whoſe words I quote—"*That among the variety*

variety of ſchemes which have been deviſed by the humane, for relieving the diſtreſſes of the poor, a better and more extenſive charity cannot be deviſed, than that of inſtructing them in a new mode of cookery."

Many with whom I have converſed on the ſubject of ſoup, and whoſe cookery I have had the opportunity of inſpecting, have aſſerted, that ſoup, compared to ſolid meat, is mere nothing.—I perfectly coincide with them in opinion, ſo far as regards *their* ſoups, which really are nothing, or next to nothing:—An infuſion of the meat, not a decoction of it, and ought to be named, *beef or mutton-tea*, or whatever kind of meat is the ſubject, often being ſimply the pot-liquor, without any thickening whatever; ſometimes a little oatmeal is put in, the quantity of an ounce to two gallons of liquid, and previouſly to that, taking care *to ſkim off the fat*, which is the eſſential part of the ſoup; of courſe, the virtues and nutritious qualities are in a great part

abſtract-

abſtracted. They then exclaim a diſlike to ſoup—no wonder ; when by their cookery it is rendered ſo inſipid.—A pint baſon of it ſerves as a kind of whet to ſome ſolid meat that comes after, and on which the hungry man depends for his meal.

Would Engliſh houſe-keepers conſent to make ſoup properly, where barley is one of the ingredients, I could almoſt venture to aſſert, ſcarce an individual, but whom would reliſh it :—In every inſtance, that has come within my knowledge, I have always found it ſo, even where a prejudice has been entertained againſt barley, previous to taſting the cookery.

Every one grumbles at the high price of butchers' meat and other proviſions, and forms various opinions touching the cauſe. There may be many cauſes, but I believe *want of œconomy, and the too-frequent uſe of animal diet and expenſive diſhes* are ſome of the chiefeſt of them. Butchers' meat is at this time ſomewhat lower priced

than

than it was a few months ago; but this fall has not been occaſioned by a general œconomy, nor by a more extenſive breed of ſwine, as ſome alledge; but to an over glut of fat cattle ſent to market, occaſioned by the unuſual plenty of graſs and other feed, which have fatted cattle *originally not meant* to be fatted for ſometime to come. As ſoon as this ſuperabundance of feed is over, butchers' meat will probably reaſſume its high price again, unleſs depreſſed by a general plan of œconomy; and no fair means whatever will have ſuch an effect of regulating it as this; when the demand for butchers' meat will not be ſo great, its price will lower of courſe.

I ſhall cloſe this ſubject, by a quotation from the works of a celebrated writer, relative to the labouring poor and others, dependent on pariſh-relief, and the benevolent hand of charity, who are too apt, many of them, to rely on others, without being induſtrious and uſing laudable means

for

for the ſubſiſtance of themſelves and families. This ſenſible writer ſays—" The poor ſhould not be deceived; the beſt relief they can receive muſt come from themſelves"—The produce of their labour:—" To expend what labour actually produces, in the moſt beneficial manner for the labourer, depends entirely on good management and œconomy."

" This œconomy, in all caſes, is the more " to be urged, becauſe the difference in " comforts of the ſame families, at the " ſame expence, well or ill conducted, is " often greater than that of different families, at different expences."

" There are more difference, comparatively, in the mode of living from œconomy, than income; the deficiency in " income may poſſibly be made up by " increaſe of work or wages; but the " want of œconomy is irremediable, and the " leaſt income in queſtion *with it*, will do " more than the greateſt *without it*. In

" the

" the firſt place, no maſter can afford
" wages; next, no overſeer can make
" allowance; laſtly, no magiſtrate can
" order relief enough, on any calculation
" but that of their being well managed.
" If the poor do not prudently ſerve them-
" ſelves, none can effectually aſſiſt them;
" if they are not their own friends, none
" can ſufficiently befriend them:—The idle
" in procuring, or the waſteful in uſing,
" the means of ſubſiſtance, have neither
" merit themſelves to deſerve, nor have
" others power to grant them that ſupply
" which is alone due, and can be alone
" afforded to the honeſt, induſtrious and
" prudent. It highly intereſts all con-
" verſant with the poor, who ought to
" be literally all, and it is to be hoped
" moſt are, to conſult and co-operate with
" them in the practice of œconomy; it
" is far more uſeful to teach them to ſpend
" leſs, or to ſave a little, than to give
" them more."

The

The information contained in these pages, where above eighty dishes and soups, with their varieties are described, that must accord with all palates, will point out pretty effectually the practicable mode by which this plan of œconomy might be pursued, which, I flatter myself, will appear evident to every reader; and nothing is wanting by all classes of people, particularly those in necessitous circumstances, but a small degree of resolution to begin.

FINIS.